



## *Hawaii State Department of Health*

### *Disease Investigation Branch*

*Oahu 586-4586, Maui 984-8213, Hilo 933-0912,*

*Kona 322-4877, Kauai 241-3563*

## **Methicillin Resistant *Staphylococcus aureus***

### **MRSA**

#### **What is *Staphylococcus aureus* and MRSA?**

*Staphylococcus aureus*, often called “staph” are bacteria commonly found on the skin or in the nose of healthy people. If the bacteria enter the skin through a cut or scrape, the wound can become infected. Staph bacteria are one of the most common causes of skin infections in the US. Most staph skin infections are minor and can be treated without medicines. However, staph bacteria can also cause more serious infections when they invade deeper tissues (such as wound infections after surgery), bloodstream infections, and pneumonia.

Some staph bacteria do not respond to medicines. MRSA is a type of staph that is resistant to medicines such as penicillin, amoxicillin or methicillin.

#### **What are the symptoms of a staph or MRSA infection?**

Staph bacteria, including MRSA, can cause skin infections that may look like a pimple or boil, and can be red, swollen, painful, or have pus or other drainage. More serious infections may include pneumonia, meningitis (infection of the lining of the brain and spinal cord), bloodstream infections or surgical wound infections.

#### **How are staph infections spread?**

Staph is spread through skin to skin contact and from direct contact with contaminated surfaces. Athletes, especially wrestlers and football players, are at high risk of skin infections from staph. Many people are also infected with the bacteria from their own skin or noses.

#### **How are staph and MRSA infections treated?**

Most staph infections are treated by draining the wound. Medicines may be needed and prescribed by a doctor if there is no pus to drain. MRSA infections

are treated the same way, except that the usual medications won’t work. If the infection is not getting better with treatment, contact your doctor again, as the bacteria could be resistant to the medicine, and a different one will need to be prescribed.

#### **How can I prevent staph or MRSA infections?**

Most skin infections can be prevented with good hygiene.

Wash your hands well and often with soap and water, or use a hand sanitizer, especially after changing bandages or touching a wound.

Keep cuts and scrapes clean and covered with a bandage until healed. Stay out of the water (especially sea water) until wounds are healed, as constant moisture can delay healing and increase the risk of infection.

Avoid contact with other people’s wounds.

Don’t share personal items such as towels, washcloths, razors or clothing that may have had contact with an infected wound.

Clean sheets, towels and soiled clothing with hot water and laundry detergent. Drying clothing in a hot dryer, rather than air-drying, will help kill bacteria in linens and clothing.

If you are an athlete, or someone who has frequent skin to skin contact with others, be extra careful with your personal hygiene. Be sure to shower well after games and practices and disinfect surfaces such as mats daily.

For more information, see the CDC’s website at

[http://www.cdc.gov/ncidod/hip/Aresist/ca\\_mrsa\\_public.htm](http://www.cdc.gov/ncidod/hip/Aresist/ca_mrsa_public.htm)